



## TAPPING YOUR WAY TO GOOD HEALTH

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You think "Hoe Down" is a square dance? Think again.

Teresa Tapp, of Safety Harbor, Florida, whom many call a "savvy businesswoman," dances to a different tune. Exercise physiologist, rehabilitative fitness specialist, and nutritional counselor, Tapp created what she calls "Hoe Downs" as a part of "T-Tapp-the Workout that Works." And work it does.

A former personal trainer, new face developer, booker and scout for several modeling agencies, Tapp says, "If you treat your body right, it can become a lean, well-tuned, well-balanced muscle machine."

During the many years that it took to perfect the T-Tapp Total Body Workout as a means to utilize isometric contractions of large muscle groups and lymphatic stimulation, Tapp discovered that the program not only reduces body weight and inches, but also one move in particular, How Downs, reduces glucose levels an average of 62 to 85 points within three minutes -- faster than an insulin injection.

*"When I started out," says Tapp, "my goal was to save the world from cancer so no one would die like my mom did. I remember praying for her to live, and the Voice that guided me through that time is guiding me now."*

She says she's on a mission—a mission not only to help others become fit and to maintain better health but also to teach others the importance of regular exercise and its relationship to metabolic function.

*"I have learned that the body is a miracle machine and that every tiny part depends on every other part. I know I can't save the world," she adds, "but I'm excited about the health benefits that people are experiencing with our program."*

In fact, Tapp's program is gaining worldwide recognition. For example, the program was recently a cover story on Woman's World Magazine. In an early summer issue, Prevention spotlighted one of her signature movements—Hoe Downs—as an energy-boosting exercise. A top Russian women's health



magazine, Zhenskoye Zdrovye (Women's Health), also featured Tapp and her program. The response of the Russian readers was so positive that the publishers did a multiple-page spread in their March 2004 issue.

*"God has given me the gift of communication," says Tapp, "and I believe that when He grants a gift, then we are responsible for using that gift to help others. What can I do for others? Help them discover good health. This service is my way to witness for God."*

Tapp's hard work and dedication is paying off. Recently, a pharmaceutical company became interested in utilizing one of her movements to mitigate the effects of one of the medications that raises blood sugar levels and approached Tapp about using Hoe Downs as a means of treatment for diabetes.

She invests her own money in research to substantiate her program's effectiveness and is involved in a new study in Florida which will utilize the new 12-minute Sit Down T-Tapp in Stage 3(b) and 3(c) cardiac care patients—those patients who are traditionally told NOT to exercise.

*"What I enjoy most of all," Tapp says, "is seeing eyes light up and seeing a smile when the pain lessens. I love seeing a glimmer of hope. That's what makes all the long hours of work worth the effort."*

Some of those long hours involve the time she donates to holding fundraiser T-Tapp events for universities and non-profit organizations around the country.

Tapp offers a free forum on her website so that people can communicate with and encourage each other. She also offers many of her exercises free on her website in the Try Before You Buy section: <http://www.t-tapp.com/articles/trial.asp>

Take time to take a look at Hoe Downs.